



Mental Health in Conflict

Lebanon

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Palestine

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Background

War and organized violence cause and amplify psychosocial stressors, which have been shown to negatively affect people's mental health

There is a **lack of systematic mental health research** conducted in war affected settings, due to capacity and resource issues

This WS aims to **build interdisciplinary research capacity** for mental health in *Palestine, Lebanon* and the *UK* based on **long-standing partnerships** between researchers and health professionals and policy makers.





Guiding principles and capacity building

Lebanon

- Workshops and weekly conference call supervisions on how to use IPT to treat depression and anxiety in vulnerable populations
- Some of the participants are experienced practitioners that are being taught how to teach
- Designing a Depression Care Pathway
- Workshops on implementation science and policy research

The UK

- Workshops to teach other IPT providers how to set-up and run similar programs

Palestine

- Recognition of the importance to generate locally-relevant evidence
- Mental health is as much a medical as it is a political, economic, social and cultural matter
- Understanding that distress and wellbeing fluctuate and may be experienced simultaneously depending on context

Capacity Building

- Training needs assessment for mental health research in war and conflict
- Annual “Research for Mental Health in Conflict” course
- Training on the job: Research project investigating the impact of uncertainty on mental health and wellbeing





Lebanon Deliverables Year 1

Initial Interpersonal Behaviour Therapy (IPT) training in Beirut between July 17th and July 20th 2017

Advanced IPT training conducted in Beirut, between April 22-23, 2018

*It's not what you nudge, it's who you nudge:
Communicating evidence to policymakers and the public
(Submitted, Palgrave Communications)*

*Global mental health: An improved measure of well-being
in multiple languages (Submitted, Journal of Mental Health)*





Lebanon What didn't work?

Slow transfer of funds to GMH Lab

Delayed access to funds at Cambridge





Lebanon Aims and Objectives

Year 2

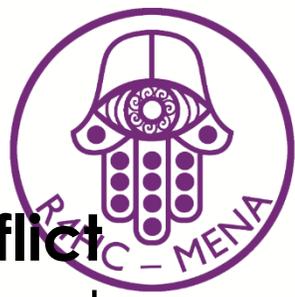
- Tomas – AUB: On the ground coordination and partnership building
- Strengthening collaborations between partners in the UK, US and MENA
- Planning and organizing workshops in the UK and in Lebanon.
- Analysing the data from IPT training and treatments

Years 3-4

- Academic publications on (1) the IPT training program and (2) the efficacy of IPT on host and refugee populations.
- Updated manual for evidence-based mental health care in conflict-affected regions
- New depression care pathway for Lebanon
- IPT provision in Lebanon is self-sustaining and expanding
- Capacity for evidence-based policy in Lebanon has been strengthened
- UK Competencies of capacity building in relation to IPT in crisis/fragile contexts is improved



Palestine Deliverables Year 1



Training Needs Assessment for Mental Health Research in War and Conflict completed with all organizations working in mental health in the West Bank between February and May 2018

- Report completed
- Findings used in designing training courses

Intensive interdisciplinary training courses in Research Methods for Mental Health in War and Conflict conducted at Birzeit, between July 9-21, 2018

- Course curriculum completed
- Over 28 participants trained
- Evaluation completed

Publication

- Collier, J., & Kienzler, H. (2018). Barriers to cardiovascular disease secondary prevention care in the West Bank, Palestine—a health professional perspective. *Conflict and health*, 12(1), 27.





Palestine: What was challenging?

Great number of applicants (over 70). We could not accommodate all because of logistical reasons and the range of skills and experiences

We need to be more precise about requirements for admission to the training courses in the future.

We were overzealous in our attempt to train in quantitative methods given trainees with little previous background. While most were able to follow, some were overwhelmed.

The training materials should be cut down in the future to correspond to what trainees can absorb.



Palestine Aims and Objectives



Year 2

Capacity building:

- Follow-up first cohort with successive training
- Improve course based on evaluations
- Develop online learning trial: Gazans
- Capacity strengthening (postdocs / assistants)

Research

- Review uncertainty literature
- Qualitative uncertainty research for metric

Outcomes and Outputs

- Submission of manuscripts on training and other aspects to academic journals
- Strengthened collaborations between BZU, KCL, and other partners to expand and develop research schemes

Years 3-4

- Training new cohort
- Continue developing relevant metric for uncertainty
- Piloting and validating uncertainty metric
- Using uncertainty metric in statistical survey
- Writing and submitting papers for publication
- Expanding and strengthening research collaborations
- Continuing capacity building of post doctoral staff and research assistants





Issues and obstacles

Lebanon

Potential Obstacle: Some lack of clarity with regards to the role of Cambridge

Issue: how to Maximize Capacity Building

Palestine

Potential obstacle: ongoing conflict may slow down/interrupt capacity building and research

Issues

- Sufficient financial support to carry out complex research, teaching, outputs
- Receiving professional support for developing online course
- Delivering online training in Gaza where electricity and access to technology can be problematic

